

How to ask a parent or adult for help if you think you are being bullied

What?

Ask your parent or a safe adult if you can talk to them.

When to do it:

Check that you have their full attention and they have time to listen. Are there distractions like other people coming in and out? Do they need to leave for somewhere soon?

How to do it:

Here is a script you could use

1. "I need to talk to you about something that has been bothering me."

2. "I think I am being bullied by _____"
(describe the person or people)

3. "When they _____"
(describe WHAT they did and WHERE)

I felt _____ . This happens _____"
(describe how you felt) (describe how many times each week or day this happens)

You can repeat statements 2, 3 & 4 more times if there are different kids or different things happening.

4. "I often feel _____ because of what is happening."
(describe anything else you are feeling, such as scared, sad, helpless, alone, sick or angry)

5. Choose which statement fits your needs:

"What can I do?"

"Can you help me?"

"What will you do to help me?"

"Today I don't need advice, I just need someone to listen and care."